

## Basic Strength 5 – Max Strength

- **Day 1 – Heavy:** Start with a load you manage with ease (~85-90% 1 RM) and increase load gradually from week to week
- **Day 2 – Density:** Start with 20 x 2 reps every ½ minute and increase to 3 reps/set gradually until you reach 20 x 3 reps in 10 minutes. After this load is increased and you start over with 20 x 2 reps – ½ minute.
- **Day 3 – Speed:** Use loads of 60-80% 1 RM and focus on max explosion in every rep. Repetition speed must not lower due to fatigue during the workout! Train light when tired and heavier when feeling strong
- Do every rep with highest possible force development and never lift to failure!
- This program suits advanced athletes seeking for maximal strength, rapid force development and muscle growth
- Proper technique and warm up with lighter loads is a must!
- You can simplify and reduce the program to 2 days/week – choose your favorite routines from week to week☺

	Day 1 - Heavy	Day 2 - Density	Day 3 - Speed
Week 1	10 x 2 reps – 1 min	20 x 2 reps – ½ min  Increase from 2 to 3 reps/set (few sets at a time)  20 x 3 reps – ½ min	10 x 3 reps – 1 min
Week 2	20 x 1 reps – ½ min		10 x 3 reps – 1 min
Week 3	10 x 1 reps – 1 min		10 x 3 reps – 1 min
Week 4	5 x 2 reps – 2 min		10 x 3 reps – 1 min
Week 5	5 x 1 reps – 2 min		10 x 3 reps – 1 min
Week 6	10 x 3 reps – 1 min - Only light loads this week (60-70% 1 RM) – 10 x 3 reps – 1 min		
Week 7	<b>MAX OUT!</b>		



- **Heavy training requires familiarization to exercises (light training)**
- **Exercise #1 “Deadlift + bend over row” could be harmful to your back if done with heavy loads: I recommend density and speed training (day 2 and 3) only for this exercise!**
- **Watch the “Basic Strength 5” video at [www.homebuiltstrength.com](http://www.homebuiltstrength.com) for tips and adjustments☺**

